

### HUMOR IN DIETS.

There is a little paper published in Kansas City called the *Weekly Unity* that goes Christian Science several better. We give a few extracts from an article on diet; any comment would spoil it:

"Now dear friend, you are no doubt wondering what might be considered a proper diet. Let us choose according to the human requirements.

"First of all we strike flesh, fish and game from the fare. These foods are but carrion. Carnivorous animals were so created and designed to clean the stinking corpses of decaying bodies from the face of the earth in order that the pure air and clear waters might not be polluted. You will find that nearly every carnivorous animal is immune from infection through the alimentary tract.

"Thus we have discovered that *man is not a carnivorous animal.*

"You ask for a balanced diet for the day? Well, here goes:

#### BREAKFAST.

"Good morning (smiling on the face).

#### LUNCH.

"Some substantial soup (vegetable, bean, pea, etc.), a simple cereal or vegetable (unpolished rice, cracked wheat, whole barley, cracked oats, baked potatoes, baked sweet potatoes, hominy, corn bread, or baked beans), with maple syrup or honey.

"Some mild vegetable (spinach or greens, green beans, peas or asparagus); a non-acid salad (raw cabbage, carrots, cress, celery or lettuce, etc.), olive oil dressing.

"Dessert—A big juicy prune or two.

"Drink—Adam's ale, hot or cold.

#### DINNER.

"Some fresh fruit (only one kind at a meal); a few raisins, figs or dates; a few nut meats (not peanuts."

This is all very funny, but when a mother tries this diet on a poor little girl with tuberculosis glands; a little child who can't protest, then \* \* \* we are constrained to incline towards Emma Goldman.

### THE LEGISLATURE IN SESSION.

From now until the end of January the State Legislature will be in session for the purpose of having bills presented. In February a recess will be taken during which time the various bills are supposed to be studied. A few weeks after the Legislature will reconvene for the purpose of voting on the measures proposed. During this latter half of the period no new bills can be presented without the consent of the Legislature.

Several bills of vital interest to the medical profession are now under consideration and the number will increase. In the March issue of the JOURNAL they will be discussed. The object of all of them is to let down the bars so that half-baked "graduates" of freak "schools" can qualify for licenses. As stated before in these columns the problem is purely an educational one. New sects or cults are created to provide short cuts to the

practice of medicine for individuals who cannot possibly go through a modern regular medical school,—and then attempts are made to bring about special legislation on behalf of these so-called "schools of practice." This year several groups of "drugless healers" are trying to have the law changed so they can acquire licenses easily. Once a license is obtained to practice any so-called "system," the holder almost invariably reaches out for all kinds of work. Now that industrial accident work has become so important, and health insurance is on the way, these untrained would-be "doctors" are most anxious to have it made easier to obtain licenses. At least four bills designed to do away with the present Act are now under way. One of them proposes to place the entire matter in the hands of laymen. Two other bills make liberal provisions for different "drugless" factions. Still another bill gives special privileges to the chiropractors. And there will be several more. As it is possible under certain conditions for a bill to be rushed through it is incumbent upon every member to keep in touch with the situation. Those clamoring for the lowering of legal requirements naturally associate themselves with political organizations. Once having developed political backing they work hard and sometimes successfully, for special legislation on behalf of their freak sects or cults. Much is said about the "rights" of these would-be doctors and strong demands are made that something be done in the direction of making it possible for them to obtain licenses without having to submit to the usual educational tests. But how about the long-suffering public? Have they no rights? How about the helpless sick? Have they not the right to demand that only educated and properly trained doctors are provided for them? Will any one deny that as long as a practitioner is honest, has a good basic education and at least four years of work in a completely equipped, modern medical school, followed by a year of actual hospital experience that it matters little what therapeutic methods he may profess to practise?

The membership of the California State Medical Society is large enough and the influence of its members surely is great enough to impress upon the legislature the necessity of maintaining educational standards in medicine. Write to your senators and assemblymen *now*, and ask them to advise you the moment any legislation is presented affecting the medical profession.

The legislature has no desire to lower standards, but naturally is impressed when large numbers of messages and letters come in on behalf of any measure.

What is needed most at the present time is some active agent on the field to keep in touch with the situation. A few hundred dollars contributed by the State Society or by members individually could at this time secure the services of an able and influential legal representative, who is not a member of the legislature and does not hold a public position, but could amply protect the best interests of the public and the medical profession. What do you think about it?